



Harai-goshi (koshi-waza)

The difficulty of executing *Harai-goshi*, and not only for young judoka, is keeping balance while throwing. Other techniques with similar difficulties are *Hane-goshi*, *Uchi-mata*, *Ashi-guruma*, *O-guruma* and some *Makikomi*-extensions of these, but *Harai-goshi* is usually considered to be the least difficult of these. That is why *Harai-goshi* is usually introduced first among these techniques and is considered an important base to progress towards the other.

Exemplary relevance:

- *tsukuri/kuzushi* is applied by *ushiro-mawari-sabaki*
- Action of *hiki-te*
- Tori learns to turn and throw while standing on only one foot

Details of kuzushi/tsukuri

The concept of *kuzushi* is different to *Uki-otoshi* and *Kata-guruma*, because Tori pulls Uke's upperbody closer to him instead of increasing the distance. The final *kuzushi* is done with *ushiro-mawari-sabaki* and after that, there must be close hip contact.

Progressive step-by-step learning

The suggested learning steps start with *kuzushi* by using *ushiro-sabaki* followed by positioning of one's hip. From there *Harai-goshi* is introduced step-by step. Special attention must be taken about Uke's reaction and posture.

***Harai-goshi* can be recommended for phase 2**